



SUPPORTING COELIAC PATIENTS TO FOLLOW A GLUTEN FREE DIET

AS EXPLAINED BY CRISTIAN COSTAS BATLLE, RD

A GLUTEN FREE DIET IS THE **ONLY** TREATMENT AVAILABLE TO MANAGE COELIAC DISEASE, BUT ADHERENCE TO A STRICT GLUTEN FREE DIET ISN'T WITHOUT CHALLENGES. AS HEALTH PROFESSIONALS, WE NEED TO BE ABLE TO **SUPPORT PATIENTS** TO OVERCOME BARRIERS.

ARE THEY READING LABELS?
DO THEY KNOW HOW TO?

1 DOES IT STATE THAT IT'S GLUTEN FREE OR HAVE THE CROSS GRAINED SYMBOL?



2 ARE THERE ANY GLUTEN CONTAINING INGREDIENTS?

3 ARE THERE ANY CROSS CONTAMINATION STATEMENTS?



ARE THEY A MEMBER OF COELIAC UK?



COELIAC UK MEMBERS GET **FREE ACCESS** TO THE GF FOOD CHECKER & ON THE MOVE APPS!



THERE ARE **FOUR** GRAINS PATIENTS NEED TO REMEMBER:

B ARLEY
R YE
O ATS*
W HEAT

*TEND TO BE CONTAMINATED WITH GLUTEN, BUT GLUTEN FREE VARIETIES AVAILABLE



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